



Sunbelt Rentals' Virtual Benefits & Wellness Fair 2026 Bingo

Attend a live event	Visit at least 3 vendor booths	Meditate or stretch for at least 5 minutes	Stop using screens 45 min before bedtime
Register for the Sunbelt Rentals' Virtual Benefits & Wellness Fair	Take a walk between meetings OR take a walking meeting	Drink half your body weight in ounces of water today	Eat the recommended 2 cups of fruit and 2-3 cups of vegetables today
Be meat and dairy free for a day (vegans: freebie for you!❤️)	Try a new vegetable	Check in with a remote friend	Get 8 hours of sleep one night this week
Engage in Deskercise at least two times this week	Step away from your screen for at least 2 minutes every hour today	<u>Pay it forward</u>	Make a kind comment or gesture to a stranger

[Submit your survey here!](#)